

ANKLE STABILISATION SURGERY



SURGERY INFORMATION



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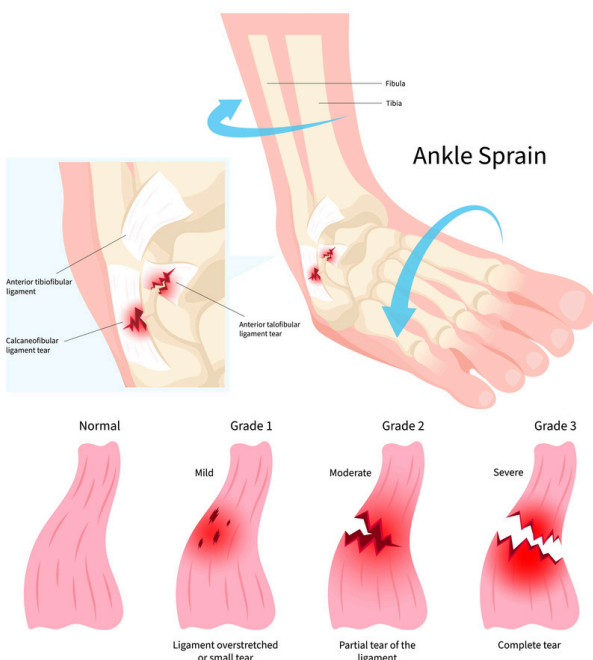
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THE SURGERY

- The surgery may also include an ankle arthroscopy (see **Ankle Arthroscopy Surgery**)
- The surgery involves an incision on the outside of the ankle
- A synthetic ligament is placed between the fibula and talus and the remnants of the ligament are sutured to recreate the anterior talofibular ligament (ATFL)
- If there is severe instability or the body's own ligaments are lax, a synthetic ligament may be used instead of the remnants of the body's own ligaments



THE HOSPITAL STAY

- You will wake up with a moonboot
- Your foot will be elevated overnight, and you have antibiotics through a drip
- If you are safe to go home, please elevate the foot at home on 2-3 pillows
- You will need blood thinning medication to help prevent DVT and vitamin C to help with wound healing
- You will be only allowed to **touch your foot to the ground for 2 weeks**, and leave the boot on full time like a plaster ie bag for showers

WHEN YOU GO HOME

- You will need **medications** for pain relief; regular paracetamol (2 tablets four times a day) is recommended, as well as strong pain killers, especially at night before bed. These can have side effects of drowsiness, nausea and constipation, and other tablets to help with these side effects may be required.
- You will need to take **blood thinners and vitamin C** as prescribed
- You will need a shower chair and bags to **keep the boot dry**
- You will need to attend your **post op appointment** in 2-3 weeks where the wounds will be checked
- After this you will be able to shower with a shower chair and pat the dressings dry and remove the boot to sleep

REHABILITATION

All patients are different. These timelines are only a guide, and some patients may progress faster or slower than others.

ANKLE STABILISATION SURGERY



0-2 weeks	<ul style="list-style-type: none"> You will be in a moonboot full time for 2-3 weeks You will only be allowed to touch your foot to the ground for balance. Please keep your foot elevated and out of bed for toilet only You will need to bag the leg for showers Pain relief: Please take regular paracetamol with meals and before bed; stronger pain killers are often needed, especially before bed Please take blood thinners and vitamin C as prescribed
2-3 weeks	<ul style="list-style-type: none"> Post op appointment for a dressing change You can start walking in the boot You can remove the boot for showers and sleeping and range of motion exercises You will still need to elevate the foot at rest You can start static strengthening, core strengthening and leg lifts with physiotherapy
6 weeks	<ul style="list-style-type: none"> You will transition from a boot to a full time ankle brace You can start eccentric strengthening with physio and wobble board Cease blood thinners
12 weeks	<ul style="list-style-type: none"> You will transition from a full time ankle brace to an ankle brace for sport You can ease back into sport; start with jogging, then running, then training Once your ankle feels as strong as the normal ankle, you can return to sport as guided by your physio

WHEN CAN I DRIVE?

- Left foot 2-3 weeks (if driving an automatic car)
- Right foot 4-6 weeks

WHEN CAN I RETURN TO WORK?

- Seated work at 3-4 weeks
- Prolonged standing 10-12 weeks
- Heavy labour work 4-6 months

WHEN CAN I RETURN TO SPORT?

- Usually about 3 months but this is a transition.
- Start with walking, then straight line jogging, straight line running, then training.
- You will be guided by your physio as to when your strength and range of motion is back to normal to return to competitive sport

WHAT CAN GO WRONG?

- Anaesthetic problems
- Wound/scar problems
- Nerve/vessel/tendon injury
- Blood clots
- Infection
- Stiffness
- The bones do not heal (non union)
- The bones heal in the wrong position (malunion)
- Ongoing pain/swelling
- Arthritis
- The need for further surgery

CONTACT

If you want more information, or have any questions or problems, please contact Dr Graff on admin@christygraff.com or please call the rooms on **0493 461 133**